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FOR IMMEDIATE RELEASE

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**Alabama's Observance of National Recovery Month Marked by
Statewide Events and the Celebrate Recovery Challenge**

MONTGOMERY – Governor Bentley will soon proclaim September as Recovery Month in Alabama. National Recovery Month seeks to promote the societal benefits of prevention, treatment, and recovery from mental illnesses and substance use disorders. The observance celebrates people in recovery, lauds the contributions of treatment and service providers, and promotes the message that recovery is possible.

The most updated statistics (from 2011) reiterate how important it is to increase awareness and recovery efforts:

- 45.6 million Americans aged 18 or older had mental illnesses in the past year
 - Just 31.6 million received mental health treatment
- Approximately 11.5 million adults had serious mental illnesses
- 20.6 million Americans aged 12 or older were classified with substance use disorders in the past year
 - Only 2.6 million people actually received treatment for substance use disorders
- 8 million adults reported having co-occurring disorders, meaning they have both a mental illness and substance use disorder

The Division of Mental Health & Substance Abuse Services, in partnership with several community providers and advocacy groups, has coordinated rallies, runs, open houses and many other events that will take place throughout the month. For information on these events, regularly visit the department's events calendar at <http://www.mh.alabama.gov/COPI/EventsCalendar.aspx#Sep13> or call the MH/SA Division at 334-242-3961.

This year will also see the return of last year's highly successful inaugural Celebrate Recovery Challenge. The Celebrate Recovery Challenge recognizes the best Recovery Month event in Alabama, as chosen by the public. Last year, more than 8,600 votes were cast, and The Addiction Coalition in Birmingham was crowned the winner. This year's voting will be held October 8-13. More information about the Celebrate Recovery Challenge can be found on the department's website at <http://www.mh.alabama.gov/celebraterecoverychallengeinfo.aspx>, and the most updated information will be shared on the department's Facebook and Twitter pages.

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RESOURCES

For more information on National Recovery Month, visit the Substance Abuse and Mental Health Services Administration's (SAMHSA) Recovery Month website at <http://www.recoverymonth.gov/>.

More info about the Recovery Month and the Celebrate Recovery Challenge will be announced on Facebook at www.facebook.com/ALMentalHealth and Twitter at www.twitter.com/#!/ALMentalHealth.